

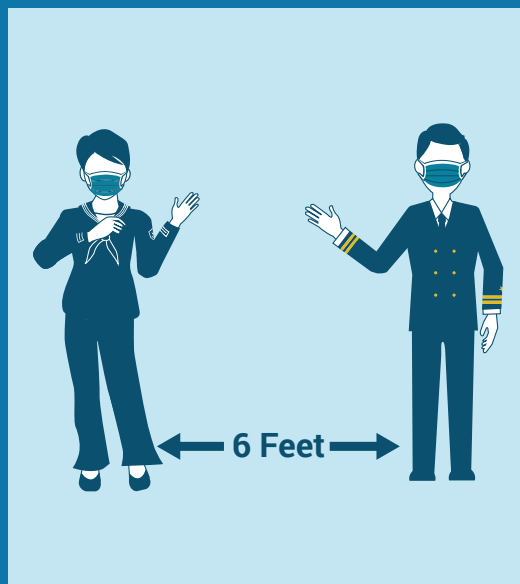


PROTECT YOURSELF AND THOSE AROUND YOU

AMERICA'S
NAVY
FORGED BY THE SEA



WASH HANDS WITH WATER AND SOAP/
SANITIZER, AT LEAST 20 SECONDS



PRACTICE SOCIAL DISTANCING
AND WEAR A FACE MASK WHEN SOCIAL
DISTANCING IS NOT POSSIBLE.



DON'T TOUCH EYES,
NOSE OR MOUTH WITH
UNWASHED HANDS



HOW TO WEAR FACE COVERING:

- Fit snugly but comfortably against the side of the face
- Cover the nose and mouth
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape (if applicable)

FOR MORE INFORMATION:

[https://www.cnrc.navy.mil/
pages-nrc-links/
covid-19-page.htm](https://www.cnrc.navy.mil/pages-nrc-links/covid-19-page.htm)

